



Amy Kessler LCSW PLLC
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Consent to Telehealth

Introduction

- The laws regarding privacy and the confidentiality of your health information also apply to telehealth.
- Amy Kessler LCSW PLLC (referred to here as the “**Practice**”) is committed to protecting your private health information.
- We follow legal requirements to protect your health information.
- Despite our efforts, complete privacy and confidentiality cannot be guaranteed.
- Use of electronic communication and data storage comes with risks.

Telehealth

- “**Telehealth**” includes receiving mental health services when the therapist and client are in different locations, using electronic methods like electronic messaging or video calls.
- It can also include electronic communication between healthcare providers about a client’s health information.

Electronic Messages

- Any non-administrative emails, texts, or messages with your therapist or the Practice will be added to your health record.
- While electronic communication is convenient, there is a risk that unauthorized third parties may access it.
- Electronic messages may indicate to others that you are receiving mental health treatment.

Our Policies on Electronic Communications

- Use password-protected devices and accounts when communicating with your therapist.
- Electronic messages should only be used for scheduling and basic information, not for discussing private health matters.
- All electronic messages should be sent by you through the client portal in SimplePractice.
- We may use SMS text messaging or email for appointment reminders, scheduling, and administrative matters. You may opt out at any time.

- If you need to send private or confidential information electronically, talk to your therapist first.
- Encryption and file sharing may be used but do not guarantee full privacy or confidentiality.

Videoconferencing

- The Practice primarily operates remotely, with sessions held by videoconference.
- Videoconferencing offers a convenient alternative to in-person meetings, making sessions more accessible during illness, bad weather, or other challenges.
- Videoconference sessions may be disrupted by technical issues, unauthorized access, or interruptions.

Our Policies on Videoconferencing

- SimplePractice is our primary platform for video sessions. You will receive a login link to join.
- Use a private, secure network with a stable connection in a quiet, private space for your session.
- You can end the session anytime, and your therapist will call you at your provided number.
- If there are technical difficulties, your therapist will call you.
- Your therapist may end a session if they determine you cannot have a confidential or appropriate session. For instance, if there are other people in the room, you are driving or walking down the street, or you are under the influence of drugs or alcohol. In such cases, you will incur the cancellation fee.
- Please do not record sessions without your therapist's consent. Making recordings can quickly and easily compromise your privacy and should be done with great care.

Data Storage

- We store your health information, including notes, invoices, and messages, in cloud-based systems like SimplePractice and Google Workspace.
- This helps us provide efficient services and respond in emergency situations.
- While we take precautions, IT staff, service providers, or hackers may potentially access stored or transmitted health information.

Your Rights

- **You may decline any technology at any time and request a communication method you prefer. We will accommodate reasonable requests.**

Acknowledgment and Consent

- I have read this document and fully understand its contents. I have been given an opportunity to ask questions, and my questions have been answered satisfactorily.
- I have received Amy Kessler LCSW PLLC's Policies and Procedures and Notice of Privacy Practices.
- By signing below, I give my consent for Amy Kessler LCSW PLLC to use the electronic communication methods, telehealth, and data storage technologies described in this Consent for Telehealth.

Name

Signature

Date